11th of November Planner

Ordinary & Happy

DAILY INSPIRATION

Today, thank those who put others before themselves.

- **Wake-Up Song:** "I2I" Tevin Campbell & Rosie Gaines (from A Goofy Movie)
- **Positive Thought:** I deserve good things like...
- **Grateful Mood Song:** "Love Me Two Times" The Doors

MEALS IDEAS

- **Breakfast:** Cereal & Milk
- **Lunch:** Prosciutto & Mozzarella Sandwich
- **Dinner:** Pasta Night

DAILY DECLUTTERING

Clean and organize the fridge for 20 min.

☐ DECLUTTERING COMPLETED

ACTIVITIES AND THINGS TO DO

- **Self-Care:** Write down 3 reasons why you're awesome.
- **Romantic Idea:** Dance in the living room together.
- **Kindness Idea:** Thank someone for their service.
- **Doodling Idea:** Yarn.
- **Watercoloring Idea:** Whimsical door.

DEEP CONVERSATION

An act of bravery you witnessed.

TRY SOMETHING NEW

Listen to at least one new song released this month.

JOURNALING IDEAS

- **Morning:** Weekend trips you could go on.
- **Evening:** Beautiful things you noticed today.
- **Gratitude:** Tools or objects that make life easier.
- **Self-Care:** Write about a profession you admire and the sacrifices they make.
- **One-Word:** Discovery.